

The only bilingual Chinese-English Newspaper in New England

全紐英倫區唯一的中英雙語雙週報

July 26 - August 8, 2013

2013年7月26日 - 8月8日

## Three mayoral candidates campaign in Chinatown

BY SHERRIE CHOONG AND HAO LU



(Left to right) State Rep. Aaron Michlewitz, Chinatown Resident Association's co-chairman Henry Yee, former state rep. Charlotte Golar Richie, Leverett Wing and CRA co-chairwoman Marie Moy at the Josiah Quincy School on July 24. (Image courtesy of Hao Lu.)

The Boston Chinatown Resident Association and the Asian American Commission continued the second and third Chinatown mayoral candidate forums at the Josiah Quincy School. Felix Arroyo, Boston city councilor at-large, discussed his plans for Boston on July 10. On July 24, former state rep. Charlotte Golar Richie and John Barros spoke to the community.

Arroyo called for "Invest in Boston," a plan to invest the city's money in banks that support local businesses. If he is elected, city council will prioritize doing business with banks that support local community growth. The plan is intended to promote economic growth in Boston and create more job opportunities.

Having grown up in a subsidized housing community, Arroyo advocated for affordable housing.

As a graduate of Boston Public Schools, Arroyo emphasized the importance of education in Boston.

Poor families are not able to afford private schools and their children have no other option but to attend public school. Arroyo suggested there should be a second teacher or assistant to help struggling students. He also proposed a longer school day, allowing students to choose more subjects such as arts, music,

theater and sports.

Richie and Barros discussed issues affecting the Chinatown community, such as high quality education, affordable housing and building a permanent public library.

Richie talked about workforce development. She proposed building educational institutes in the community and bringing more job opportunities to young people.

"The economy is actually going better," Richie said. "Thousands of jobs will be coming over the next ten years. So we want to make sure we have a top notch educational institution that is going to be able to offer skills, building and training for our young people to be able to have all the certifications that let them get those jobs."

Chinatown closed its community reading room in February, after funding for a full-time staffer ran out. A Chinatown resident asked Richie how she would support a permanent library in the community when budget funds are insufficient. Richie promised to get a thorough understanding of the library budget and then work with the community to make specific plans.

**SEE NEXT MAYOR ON PAGE 4**

## Chinatown groups rally for affordable housing

BY LING-MEI WONG

Chinatown groups protested at four locations for more affordable housing and a local library on July 17. The first "Tour R Chinatown" took place amid a heat advisory, attended by members of the Chinese Progressive Association, its Chinese Youth Initiative and the Chinatown Resident Association.

The Ink Block development at 300 Harrison Avenue was the first stop. Former state rep. Mel King spoke about his childhood home at the site, which was torn down for the former Boston Herald offices.

"I want the rights back to this neighborhood," King said. "We shall not be moved if we stick together."

Hakim Cunningham, director of organizing for the Boston Workers Association, added, "We want to see Asian

Americans and African Americans working on this site every day for this \$100 million project."

Others echoed his sentiments for greater representation in construction. "We want Boston jobs for Boston residents," said Brian Doherty, project coordinator for Building Trades Building Pathways. "We want more diversity in the unions."

At Parcel 24, high school and CYI intern Long Lin advocated for a library. "Parcel 24 is going to have houses," he said. "Why can't we build a library here too?"

The rise of luxury development has brought financial benefits to the community, but also increased living expenses. Affordable housing residents at 25 Edinboro Street spoke about their housing

## 移民簽證改革 之親屬簽證

黃靈美報導

根據最新擬議的移民改革方案，美國亞裔公民在申請家庭成員來美的時候將可能面臨更多挫折。根據參議院在6月27日所通過的法案，將在18個月後取消關於兄弟姐妹和超過32歲的成人子女的移民申請，該改革將會為親人的團聚帶來嚴重的打擊。該法案已經移給眾議會審查。

美國亞裔正義促進中心律師歐世羅 (Erin Oshiro) 說道：「我們對於這個改革感到非常的失望，因為這將對於美國亞裔社區來說是一個重大的打擊。不單止是對中國人來說，還有越南人、南亞和菲律賓社區，他們都與親屬簽證有緊密的聯繫。」正義促進中心是一個為美國亞裔、太平洋島民和服務不足的社區而服務的倡導團體的組織。

根據中心的資料顯示，現時將近有1千7百萬的美國亞裔居住在美國。有將近2百萬的亞裔正在申請親屬移民的簽證，但是由於國家的簽證配額問題而大量的堆積中。與此同時，有超過1百萬的亞裔是無證的。

歐世羅又說：「親屬簽證讓我們的經濟更加的強大。親屬之間對於情感和經濟上的支持都是巨大的。家庭成員是創業和置業的重要金錢來源。他們提供兒童保健和對經濟作出巨大貢獻而讓人們可以去工作。我們需要讓家庭成員得到更多的簽證讓他們可以在一起。」

關於配偶、父母和孩子的親屬簽證限制將會被取消。參議

院法案中將有一個全新的計分系統指引家庭成員或者員工如何獲得簽證。計分標準將包括教育程度、工作經驗、英語程度和是否個人與美國公民有親屬關係而得出。擁有最多得分的人將可獲得簽證。

歐世羅說道：「我們對於這些人是來自世界上哪一個地方，是男人或是女人存有一定的擔憂。如果一名來自貧窮國家的婦女不能夠去學校接受教育，則意味著她對於這個系統得不到高分而不能獲得簽證。」

當一些親屬簽證被取消的時候，關於高技術人才的H-1B則將會相對增加。現時，家庭簽證是多於商務簽證的。

歐世羅亦說道：「我們亦聽過國會的一些成員曾經問我們，當我們可以給一些可以開創另一個谷歌公司的人才簽證的時候，為什麼要給予家庭成員簽證？」

在參議院法案的其中之一有關對家庭成員申請居留的改變是新的V簽證。該簽證可以讓他們來美國工作與等候直至可以領取到居留簽證，不會像現時的法律一樣不能讓他們進入美國。

歐世羅最後說道：「現時我們最希望的是從眾議員所出來的法案將會比參議院的更好，將會對家人團聚方面有所妥協。這對於家人來說是最壞的情況了，儀式對我們或者其他社區的一個重大打擊。」

-文章由林夢夏翻譯

## HIGHLIGHTS

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**Understand the risks of electronic cigarettes**  
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Chinatown resident Henry Yee speaks at the protest on July 17. (Image by Ling-Mei Wong.)

**SEE RALLY ON PAGE 4**

# COMIC

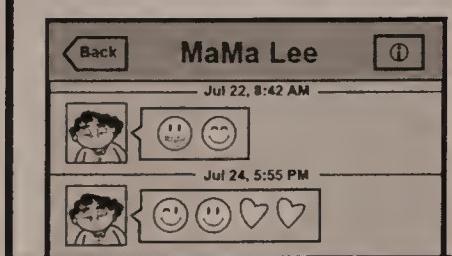
## EMPTYBAMBOOGIRL

THE MUNDANE & SUBLIME ADVENTURES OF A GIRL NAMED AH-LIN!



7.24.2013

'LIKES' TO EVERYTHING AND ANYTHING AS WELL AS ENDLESS EMOTICON MESSAGES..



[www.facebook.com/ahLinTheComic](http://www.facebook.com/ahLinTheComic)

SHE 'LIKED' MY DRUNK PHOTO.  
.....BY LILLIAN CHAN



[www.EmptyBambooGirl.com](http://www.EmptyBambooGirl.com)

## SAMPAN

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[www.sampan.org](http://www.sampan.org)

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Josiah Quincy Lower School  
888 Washington Street  
Boston, MA 02111

The Chinatown Residents Association meeting will be held at the Josiah Quincy School's cafeteria. The public are encouraged to attend.

Chinatown Coalition meeting

Thursday, August 8  
9:30 a.m.  
38 Ash Street,  
Boston, MA 02111

The Chinatown Coalition meeting will be held at the Boston Chinatown Neighborhood Center. The public are encouraged to attend.

# Event Calendar

### MIT Blood Drive

Friday, July 26  
1 p.m. to 6 p.m.

MIT Wood Sailing Pavilion  
Cambridge, MA 02142

Three Taiwanese organizations join forces and invite you to the MIT July community blood drive. This event is open to the public. Walk-in donors are always welcome; however, donors with pre-registration will be taken first. The first 30 pre-registered blood donors will receive a free 4G USB flash drive, a free TYCCNE t-shirt and a voucher for the BBQ party. Blood donors must be at least 16 years old and weigh more than 110 pounds. For more information, please visit <http://julymitgiveblood.wix.com/index>.

### Healthy eating and diabetes prevention convention

Saturday, July 27

10:30 a.m. to 12 a.m.

888 Washington Street,  
Room 102  
Boston, MA 02111

Meet experts from Joslin Diabetes Center for tips about healthy life-

style to manage or prevent Type 2 diabetes for Chinese Americans.

### World Hepatitis Day

Sunday, July 28  
10 a.m. to noon  
Chinatown Park

The MAP for Health will host a community awareness fair for hepatitis B and C. For more information, please visit [www.teamhbv.org/boston](http://www.teamhbv.org/boston).

### Geological tour on the Neponset River

Tuesday, July 30  
5:30 p.m.  
Milton Red Line T stop

Join BNAN and geologist Les Tyrala for a free guided, 90-minute stroll on the Neponset Greenway and learn how to "read" the rocks. Registration is required. Children 10 years and older are welcome.

### Chinese Consolidated Benevolent Association Meeting

Tuesday, July 30

7 p.m.  
90 Tyler Street  
Boston, MA 02111

Chinese Consolidated Benevolent Association

meeting will be held at the Chinese Consolidated Benevolent Association. The public are encouraged to attend.

### Sounds of the Garden free concert

Wednesday, Jul. 31  
6 p.m.  
Mission Hill Community Garden  
Park Street  
Boston, MA 02120

Lloyd Thayer will perform the blues with old standards mixed in along with new tunes all on the resonator guitar and harmonica. The public are invited to dance, sing along and taste some local garden snacks while enjoying a summer evening.

For more information please contact (617) 542-7696 or visit [www.boston-natural.org](http://www.boston-natural.org).

### Disco Night Returns

Wednesday, July 31

7 p.m.  
City Hall Plaza  
1 City Hall Square  
Boston, MA 02108

Featuring one of the nation's well-known music professionals, the Stardust Band, Disco Night is

returning to Mayor Menino's Wednesday Night Concert on the City Hall Plaza.

### The Films of Wong Kar-Wai

August 1-25  
Museum of Fine Arts,  
Boston  
465 Huntington Avenue  
Boston, MA 02115

Director Wong Kar-wai has developed a signature style of bold cinematography, music, and editing that demands the immersive experience of the big screen. This complete feature film retrospective includes a special advance screening of his latest film "The Grandmaster." All films are in Cantonese with English subtitles and screen on 35mm unless otherwise noted.

For more information, please visit [www.mfa.org/programs/series/films-wong-kar-wai](http://www.mfa.org/programs/series/films-wong-kar-wai).

### Tai Chi at Symphony Park

Thursday, August 1  
10 a.m. to 11 a.m.  
Symphony Park  
36 Edgerly Road  
Boston, MA 02115

Instructor Sifu Huan Zhang will lead a tai chi fitness class in the Fenway. The classes are held in English and Chinese on Thursdays. The final two sessions

will meet August 1 and 8. In the event of rain, the classes will be held indoors at 100 Norway Street. For more information, please email [friends@symphonypark@gmail.com](mailto:friends@symphonypark@gmail.com).

### TCC Backpack Distribution

Saturday, August 3  
12 p.m. to 2 p.m.  
43 Middlesex Turnpike  
Burlington, MA 02420

TCC will be donating between 100 and 150 backpacks, which will be given away on a first-come, first-served basis while supplies last.

### ParkARTS concert series

Sunday, August 4  
5 p.m.  
Marcella Park  
260 Highland Street  
Roxbury, MA 02119

ParkARTS neighborhood performances are summer outdoor concerts presented free of charge: Jazz at the Fort featuring Diane Richardson and Friends sponsored in part by Berklee College of Music and family activities presented by Boston Children's Museum The Big Cake Tour.

### Chinatown Residents Association meeting

Wednesday, August 7  
6:30 p.m.

CURRENTLY ACCEPTING APPLICATIONS FOR OUR STUDIO, 1, 2, 3 & 4 BEDROOM APARTMENTS

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MANAGEMENT  
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## Malden reaches out to Chinese residents for public safety

BY ANNA TSE



The City of Malden and the Chinese Culture Connection held a monthly safety meeting at the Malden Senior Center. Yan Yu (left on stage), constituent services representative, and Ron Cochran (right on stage), director of online services and communication technology, demonstrated the real-time language interpretation device. (Image courtesy of Anne Tse.)

More than 150 Chinese residents of Malden attended the city's monthly safety meeting for Asian residents on July 15 at the Malden Senior Center. Malden Mayor Gary Christenson attended the meeting along with city representatives from the fire and police departments.

"According to the 34 public safety surveys I received from Asian residents, the consensus is that most feel Malden is a very or somewhat safe city," Christenson said.

Three major concerns were difficulty communicating with police and fire staff due to language barriers, lack of easy access and lack of familiarity with communication channels.

Two new technologies will be implemented for the police department to foster effective communication for residents whose primary language is not English: real-time interpretation and an online crime reporting system.

The RTT mobile interpretation devices will be used to communicate with residents who cannot speak English. Ron Cochran, director of online services and communication technology, and Yan Yu, constituent services representative, demonstrated the real-time language interpretation technology at the meeting by speaking in English and Mandarin. The device supports more than 150 languages. When used, it will route calls to live interpreters and can determine what language service is needed.

"It's a cost-effective way to enhance Malden's diversity of communication

and such technology is also being used throughout other cities in the United States," Christenson said.

Malden will implement a new Internet-based reporting system to let residents file crime reports on incidents such as vehicle burglary, lost property, hit and run and minor theft at their own convenience, said Malden Police Chief Kevin Molis and Det. Lt. Marc Gatcomb.

After reports are filed, the police department will follow up for future investigation. Residents can visit [www.maldenpd.com](http://www.maldenpd.com) to report incidents online.

Molis said the online crime reporting system will help more victims to come forward. More police officers can be on the street fighting crimes and protecting citizens, rather than sitting at the office filing reports.

Christenson thanked the city councilors and staff who helped to bring innovative technologies for a better future in Malden. "These resources provide easier access to city services, encourage community involvement and break down language barriers so that we can better communicate with residents," he said.

Public Works Director Bob Knox updated residents about road construction.

Fire Chief Jack Colangeli demonstrated how to use a fire extinguisher. He reminded residents to install smoke detectors and carbon monoxide detectors.

Cantonese and Mandarin interpretation was provided at the meeting. Refreshments were provided by the Chinese Culture Connection.

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Educate Prepare Inspire!

### EDUCATOR OPPORTUNITIES NEWTON PUBLIC SCHOOLS

Public education has traditionally been Newton's highest priority and its greatest asset. The Newton Public Schools is a full inclusion school system serving over 11,500 students in fifteen elementary (K-5), four middle (6-8) and two high (9-12) schools.

Newton's educational philosophy includes strong commitment to excellence, respect for differences, quality professional development, and high levels of communication among students, staff, parents, and the community.

The school system enjoys a high degree of parent and community involvement. Since 1966, it has participated in METCO, a state-funded voluntary program intended to expand educational opportunities and increase diversity. Newton has a rigorous, academically challenging, standards-based curriculum with an unusual breadth of programming across all grade levels and disciplines. Students perform at the highest levels of achievement, participate in award-winning extracurricular activities and score well above the national average on SATs and other standardized measures.

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[www.newton.k12.ma.us](http://www.newton.k12.ma.us)

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## Family-based visas to change with immigration reform

BY LING-MEI WONG

Asian American citizens trying to bring overseas family members to the States may face setbacks under proposed immigration reform changes. The Senate bill passed on June 27 would eliminate visa categories for siblings and adult children older than 21 after 18 months, striking a blow for family reunification. The bill is moving to the House of Representatives for review.

"We're disappointed about these changes because they have a significant impact on the Asian American community. It's not just affecting the Chinese, as the Vietnamese, South Asian and Filipino communities rely on the sibling category," said Erin Oshiro, immigration attorney for Asian Americans Advancing Justice. Advancing Justice is a coalition of advocacy groups for Asian Americans, Pacific Islanders and underserved communities.

There are 17 million Asian Americans living in the U.S., according to Advancing Justice. Nearly 2 million Asians are in the family sponsorship process, which has a significant backlog due to visa quotas by country. Meanwhile, more than 1 million Asians are undocumented.

"Family reunification makes our economy stronger," Oshiro said. "Families support each other emotionally and financially. Family members are a source of capital to start businesses and buy homes. They provide child care and contribute economically so people can go to work. We need more visas for family members so they stay together."

The limit on family-based visas for

spouses, parents and children would be lifted. A new point-based system in the Senate bill changes how family members or workers to get visas. Point criteria include educational attainment, work experience, English fluency and whether the individual is related to a U.S. citizen. People with the most points would get visas.

"Our concerns are about where in the world people come from, along with whether they are a woman or man," Oshiro said. "If a woman from a poor country is unable to go to school, she may not qualify for a point-based visa."

While some family visas would be cut, H-1B visas for highly skilled workers would be increased. Currently, more family visas are allotted than business visas.

"We hear members of Congress ask why we give visas to family members, when we should give visas to workers to start the next Google," Oshiro said.

One change in the Senate bill is the new V visa for family members who have applied for residency. It allows them to come to the United States to wait and work until a visa is available, unlike current laws that keep them out of the country.

"We would certainly hope anything that came out of the House would be as good as or better than the Senate bill, which was a compromise in terms of family reunification," Oshiro said. "It cannot get worse for families. This is devastating for us and other communities."

### The Premier Asian Community Health Center in Massachusetts SOUTH COVE COMMUNITY HEALTH CENTER

South Cove Community Health Center has been serving the Asian-American Community in the greater Boston Area since 1972. We have a strong commitment to making health/preventive care linguistically and culturally accessible to patients and clients. We are currently looking for qualified individual(s) to fill the following positions.

### WIC COMMUNITY COORDINATOR (PT)

Develop and maintain community liaison with health and human service providers and advocacy organizations in the community served by local WIC program. Provide WIC program, education and outreach materials to local agencies and advocacy groups. In coordination with Program Director, conduct periodic in-services for staff/clients about the WIC program. High School or Associate's Degree graduate. Bilingual in Chinese (Cantonese/Mandarin) and English. Knowledge of community and neighborhoods served by local WIC program. Two years of experience in community work and health/human services desirable.

### MEDICAL INTERPRETER (FT)

Provide interpretation and translation services for Cantonese/Mandarin speaking patients and providers at Beth Israel Deaconess Medical Center. Bachelors Degree preferred and experience or both. Bilingual in Cantonese/Mandarin and English. Fluent in Cantonese/Mandarin and English to ensure accurate interpretation and translation according to the MMIA Standard of Practice. Medical Interpreter Certification required. Knowledge of cultural aspects of patients care and work effectively in a fast-paced environment. Test will be given at BIDMC for the position.

Interested candidates should send/fax or e-mail their resume to:  
Attn: Human Resources,  
145 South Street, Boston, MA 02111,  
Fax #: (617) 521-6795, E-mail: [lh@scchc.org](mailto:lh@scchc.org)



South Cove Community Health Center is an Equal Opportunity Employer.

## Chinatown crime blotter

SUBMITTED BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from July 12 to 18 for District A-1 or Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

### Boston Police Department journal log

#### • Warrant arrest

July 12, 1:50 p.m.: The suspect was arrested on LaGrange Street on an outstanding warrant issued out of Charlestown District Court.

#### • Unarmed robbery

July 16, 9:50 a.m.: The victim reports an unknown white male walked up to her and grabbed her iPhone out of her hand and fled on Washington Street toward Kneeland Street.

#### • Fraud

July 16, 2:30 p.m.: The victim reports that she received a phone call from unknown male who stated they had her brother and were going to kill him if she did not send money to them. Victim sent money. She later found out that her brother was not in any danger.

#### • Drugs

July 16, 5:25 p.m.: Two suspects were arrested by the District A-1 Drug Control Unit on Essex Street. It observed them involved in a drug transaction.

#### • Armed robbery

July 16, 8:15 p.m.: The victim reports while walking through Ping On Alley, she was robbed at knifepoint by an unknown white female and unknown black male. One of the suspects assaulted one of the victims numerous times.

### Incident search results

| Date    | Location              | Incident description   |
|---------|-----------------------|--|
| July 15 | 232 Tremont Street    | License premise violation  |
| July 15 | 821 Washington Street | Larceny other \$200 & over   |
| July 16 | Kingston Street       | Liquor - drinking in public  |
| July 16 | Washington Street     | Robbery - unarmed - street   |
| July 16 | 45 Beach Street       | Larceny in a building \$50 to \$199                                      |
| July 16 | Beach Street          | Vandalism  |
| July 17 | 7 Pine Street         | Investigate property   |
| July 17 | Surface Road          | Liquor - drinking in public  |
| July 17 | 753 Atlantic Avenue   | Auto theft - motor cycle   |
| July 17 | 40 Boylston Street    | Drugs - possession Class A - intent to manufacture, distribute, disperse |
| July 17 | 660 Washington Street | Larceny in a building \$200 & over                                       |
| July 17 | 25 Stuart Street      | Assault & battery  |
| July 18 | 45 Stuart Street      | Violation - city ordinance   |

## Affordable Housing Lottery Alta Stone Place 1000 Stone Place, Melrose, MA

Three 1BRs @ \$1,259, Two 2BRs @ \$1,402, One 3BRs @ \$1,546  
Utilities not included

Alta Stone Place is a 212 unit rental apartment community located at 1000 Stone Place in Melrose. The first six affordable apartments will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income. Thirteen more affordable units will be made available through a second lottery process later in 2014.

These six affordable units feature 9-foot ceilings, faux wood flooring in kitchens and baths, carpet in living and bedroom areas, stainless steel appliances, granite countertops, walk-in closets, oversized tubs and side-by-side washers and dryers. Please see [www.AltaStonePlace.com](http://www.AltaStonePlace.com) for more details on the development and the units.

| Household Size | 80% AMI<br>(Area Median Income) |
|----------------|---------------------------------|
| 1              | \$47,150                        |
| 2              | \$53,900                        |
| 3              | \$60,650                        |
| 4              | \$67,350                        |
| 5              | \$72,750                        |
| 6              | \$78,150                        |

A Public Information Session will be held at 6 pm on August 15th, 2013 in the Aldermanic Chamber of Melrose City Hall, 562 Main Street, Melrose, MA.

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2:00 PM on September 18th, 2013.

The Lottery will be held on October 1st, 2013 at 6 PM in same location as the info session above.

For Details on Applications, the Lottery, and the Apartments or for reasonable accommodations for persons with disabilities, call 617.782.6900 or go to: [www.s-e-b.com/lottery](http://www.s-e-b.com/lottery).

Applications and Information also available at the Melrose Public Library on 69 West Emerson Street (Hours: M-Th 10-9, F-Sa 10-5, Su 2-5).



## Chinatown meeting roundup: CNC and TCC

BY CALIN BROWN AND LING-MEI WONG

The Chinatown Coalition discussed local developments on July 11, while the Chinatown/South Cove Neighborhood Council talked about litter issues on July 15.

District 2 City Councilor Bill Linehan summarized his current projects and goals for the district. Linehan's talk was followed by presentations from the Boston Redevelopment Authority and the Massachusetts Office of Refugee and Immigrants.

Linehan expressed concern about recent setbacks to build Josiah Quincy Upper School on its current site, citing lack of funds as a reason for the delays. "There needs to be a discussion moving forward with the school department about their commitment to building Quincy Upper in Chinatown, and that's something that I am going to work on over the next year," he said.

Mary Kanasas from the BRA stated the Massachusetts School Building Authority still intends to build the school, but is looking at other sites.

Improving district-wide education remained a priority for Linehan, who wanted more focus on improving schools at a localized, community-level. He mentioned the importance for the larger community to have a part in curriculum planning and the schools' resource allocation.

Linehan hoped to create a more effective model for a Chinatown library. While he advocated for having a public library in the district, he said there was no public consensus on hiring a full-time librarian. Differing ideas on where the library should be and how it should run have hindered movement toward a public library in Chinatown, he said.

In response to concerns about making affordable housing more accessible, Linehan said more affordable units are needed. "Workforce housing is a legitimate issue," he said.

Mark Liu from the Chinese Progressive Association gave an overview of ongoing or planned residential developments around Chinatown. Highlights

## NEXT MAYOR: Candidates try to reach voters

CONTINUED FROM PAGE 1

"There is no way that we cannot build a permanent public library in Chinatown," Richie said. "Here I promise you that if I can't do it, I will get back to you and explain to you why it couldn't be done."

Barros showed his support for second-generation immigrants as the child of immigrants from West Africa. He said immigrants were an important part of Boston.

His administration would help provide service, training and education for the immigrant community to make sure they not only learn English, but have the necessary support for a better living.

## RALLY: Protest gathers young and old

CONTINUED FROM PAGE 1



Long Lin (left) advocated for a Chinatown library. (Image by Ling-Mei Wong.)

included Millennium Place's projected completion this fall and plans for 45 Stuart Street. Of the 766 units projected to be built at 45 Stuart Street, 581 units will be sold at market rate while the remaining units will be affordable housing. Electrical supplier Graybar also plans to establish 560 new apartments in its 345 Harrison Avenue building, along with 30,000 square feet of retail space.

The proposed developments will create an estimated 3,000 construction jobs and 300 permanent jobs.

Samuel Tsoi, MORI program coordinator, discussed difficulties the agency faces in obtaining funding because of its reliance on confiscated trafficking assets. He also mentioned how illegal immigrants are often underpaid and mistreated in the United States.

### CNC: Beautifying Chinatown

Chinatown and the North End are the only places in Boston to get trash pickup on three days rather than two, said James Chan, constituent services representative for Linehan's office. Both neighborhoods have a mix of commercial and residential properties. Local businesses, such as restaurants, have commercial garbage services daily that are separate from city garbage pickup.

Littering with cigarette butts and improper disposal of residential trash were two pressing issues. "The cosmetic problems makes Chinatown look bad and dirty," said Bill Moy, CNC chairman. Chan will schedule public meetings with the commissioner of public works for residents and business owners. The council hoped for more Inspectional Services visits to fine violators, bilingual signage and greater communication with landlords. More education is needed for residents to place trash in seagull-proof bags rather than supermarket ones.

If members of the public see trash issues, they should call the Mayor's hotline at (617) 635-4500. They can also file a report online at [www.cityofboston.gov/online\\_services](http://www.cityofboston.gov/online_services) or through the Citizens Connect smartphone app.

"I believe that all of our students need the best of what they can have, and just because you speak a second language doesn't mean you should get second-class materials or resources," Barros said.

Along with issues of housing, education and local economy, Barros also emphasized his willingness to support the jobs and leadership development for the city's younger population. He would commit to at least 14,000 jobs for youth during the summer and 2,000 jobs year-round.

The last stop was 45 Harrison Street, where at least 40 tenants were evacuated last December for unsafe living conditions.

The building was on the market, but a sale was not cleared, said Karen Chen, CPA organizing director.

"This is our Chinatown," said Henry Yee, co-chairman of the CRA. "The city can't take what is ours."

## Asian American and Pacific Islander poverty grows in wake of recession

SUBMITTED BY THE NATIONAL COALITION FOR ASIAN PACIFIC COMMUNITY DEVELOPMENT

The National Coalition for Asian Pacific American Community Development unveiled findings from its recent Asian American and Pacific Islander Poverty Demographic Study at a press conference held at the Ford Foundation on June 21.

The "Spotlight: Asian American and Pacific Islander Poverty" study brings attention to communities in need and broadens the conversation about what it means to be AAPI in America. The study reveals that the AAPI poor population grew faster than most other ethnic groups



Image courtesy of the National CAPACD.

from 2007 to 2011, increasing by 38 percent to more than 2 million. Other key highlights of the study include:

- AAPI poverty is growing dramatically: From 2007 to 2011, the number of AAPIs living below the federal poverty level increased by more than half a million.

- This 38 percent increase can be broken down into a 37 percent increase for Asian Americans in poverty and a 60 percent increase for Native Hawaiians and Other Pacific Islanders in poverty.

- In comparison, the general poverty population grew by 27 percent during the same time period, with the Hispanic/Latino poverty population growing by 42 percent and the African American poverty population growing by 20 percent.

- The AAPI poor population is diverse: From 2000 to 2010, the U.S. Census identified AAPI populations in poverty for 22 separate ethnic groups. The largest single group is non-Taiwanese Chinese at almost 450,000, followed by Asian Indian at more than 245,000 and Vietnamese at 230,000. Hmong have the

highest poverty rate at 27 percent, followed by Bangladeshi at 21 percent and Tongans at 19 percent.

- The AAPI poor population is concentrated: More than 50 percent of all AAPI poor live in 10 metropolitan areas (New York, Los Angeles, San Francisco, Chicago, Honolulu, Seattle, San Jose, Houston, Sacramento and Philadelphia).

No other racial/ethnic poverty population is as concentrated in as few places. Approximately 30 percent of all AAPI poor live in only three metro areas (New York, Los Angeles and San Francisco).

- AAPI poor disproportionately face high housing costs: The 20 highest cost housing markets in the country contain almost half of all AAPI poor. No other racial/ethnic category has as high of a proportion of its poor population in these markets (closest is Hispanic/Latino at 27 percent).

The findings of the study illustrate not only the challenges our neighborhoods continue to face in the wake of the recession, but also that the economic recovery remains well beyond reach for millions of AAPIs across the country. National CAPACD calls on Congress, the federal government, the business community, and foundations to bring more resources to our neighborhoods, build the capacity of our local community based organizations and develop public-private partnerships that bring greater investments to our communities.

The full report, "Spotlight: Asian American and Pacific Islander Poverty" and additional information is available on the National CAPACD website, <http://nationalcapacd.org>.

## Associate of Asian organized crime organization sentenced

SUBMITTED BY U.S. ATTORNEY CARMEN M. ORTIZ, DISTRICT OF MASSACHUSETTS

A Cambridge man was sentenced on July 9 for his role in an organized criminal conspiracy involving drug trafficking, prostitution and money laundering in Chinatown and elsewhere.

Wei Xing Chen, aka "Ah-Hung," "Lo Biu" and "Lo Gai," 52, was sentenced by U.S. District Judge Nathaniel Gorton to 70 months in prison. This will be followed by two years of supervised release, a \$1,000 fine, and forfeiture of \$8,000 and his Mercedes.

On April 2013, Chen pleaded guilty to conspiracy to possess with intent to distribute methylenedioxymethamphetamine and benzylpiperazine, both also known as ecstasy; possession with intent to distribute BZP; conspiring to induce travel to engage in prostitution; and money laundering conspiracy.

From January 2009 through June 2011, Chen and co-conspirators engaged in a conspiracy to entice predominantly Asian women to travel to Massachusetts to engage in prostitution in brothels located in Cambridge and Allston. Chen and co-conspirators enticed, arranged and assisted the women in their travel to Massachusetts from New York and elsewhere. The women generally arrived at South Station or Logan Airport and were transported to brothels and also transported from one brothel to another.

Chen instructed co-conspirators to place advertisements offering prostitution and other services of the women in newspapers. Chen and his co-conspirator also conspired to launder \$100,000 in proceeds of the brothel business by concealing it in a safe deposit box. Gorton had previously ordered the forfeiture of the \$100,000 cash.

Additionally, in 2008 Chen conspired with others to distribute ecstasy in Massachusetts and New York. On Sept. 13, 2008, Chen and others sold approximately 2,400 pills to an FBI cooperating witness.

In November 2012, co-defendant Xiaohong Xue, aka Tina, pleaded guilty to the prostitution conspiracy and was sentenced to two years of probation, including six months of home detention.

The case were investigated by the Federal Bureau of Investigation, Internal Revenue Service's Criminal Investigation, DEA, Immigration and Customs Enforcement's Homeland Security Investigations, Massachusetts State Police, Massachusetts Department of Correction, and Quincy, Cambridge, Medford, Boston and New York City Police Departments. The case is being prosecuted by Assistant U.S. Attorneys Timothy Moran and Richard Hoffman of Ortiz's Strike Force Unit.

## SAMPAN 舟

wants your voice!

Want to get published in our August Moon issue, August 9? Submit a 400-word article on the topics below to [editor@sampan.org](mailto:editor@sampan.org) by July 30 and you could be part of New England's only Chinese-English newspaper!

- August Moon folklore
- Mooncakes
- Family memories

- Holiday traditions
- Pomelos
- Unique travel destinations

## SALISBURY AFFORDABLE HOUSING Northpointe Village

Five 3 Bedroom Detached Single Family Home  
Price: \$178,100 and \$198,600



This new 48 unit development is offering 5 three bedroom detached single family home at 60% and 80% of median to eligible first time homebuyers, by lottery. Asset Limit to \$75,000. Join us at the Public Information Meeting for Details.

| Max Allowable Household Income |          |
|--------------------------------|----------|
| 60%                            | 80 %     |
| 1 person: \$ 39,660            | \$47,150 |
| 2 person: \$45,360             | \$53,900 |
| 3 person: \$51,000             | \$60,650 |
| 4 person: \$56,640             | \$67,350 |
| 5 person: \$61,200             | \$72,750 |
| 6 person: \$65,760             | \$78,150 |

### Application Deadline

AUGUST 10, 2013



APPLICATION AVAILABLE ONLINE AT: [www.mcohousingservices.com](http://www.mcohousingservices.com)

### For Application and Information

Email:  
[lotteryinfo@mcohousingservices.com](mailto:lotteryinfo@mcohousingservices.com)

Call MCO Housing Services:  
(978) 456-8388

Pick Up:  
Salisbury Town Hall, Planning Dept., Library,  
Senior Center or Housing Authority

## Understand the risks of electronic cigarettes

BY HAO LU



Image courtesy of Flickr.

As electronic cigarette sales have grown nationwide during the past year, there is heightened interest in their health risks compared to traditional cigarettes. E-cigarettes are battery-operated products designed to turn nicotine and other chemicals into a vapor, simulating the act of tobacco smoking.

Boston issued 61 permits to sell e-cigarettes in March. This is five times the number of permits issued in the same time period last year, according to the Boston Public Health Commission's Tobacco Prevention and Control Program.

Although e-cigarettes look just like regular ones, there are still major differences between the two. E-cigarettes do not require a match or lighter for use. Instead, they hold a battery, a vaporization chamber and a cartridge filled with liquid nicotine.

When using e-cigarettes, just puff on the device as you would do to a regular cigarette. The device heats the liquid and changes it to a nicotine-filled vapor that smokers inhale and exhale. It looks like smoking a regular cigarette, but since there is nothing burning, there will be no smoke fumes.

Proponents of the e-cigarette say that while e-cigarettes give nicotine addicts the same amount of nicotine as a regular cigarette, they do not produce the same toxic smoke that would cause lung disease and cancer when inhaled over time. Since there are no products of combustion to be inhaled, no tobacco toxins are inhaled besides nicotine.

The lack of tobacco toxins, however,

does not mean that e-cigarettes pose no health risks. While e-cigarettes do not produce secondhand smoke, they do produce secondhand vapor. Even though manufacturers say it is merely water vapor and therefore harmless, regulatory agencies and health experts contend that e-cigarette makers have not conducted the research needed to prove this. Meanwhile, manufacturers often do not make specific health or safety claims about e-cigarettes.

Opponents of e-cigarettes have argued that people shouldn't be subjected to secondhand vapor until manufacturers can prove it to be safe for everyone, including children, the elderly and people with certain medical conditions. Some individuals with health conditions have reported that the vapor is irritating to their eyes, noses and throats, and that it affects their breathing and makes them nauseous.

One other problem is that e-cigarettes can be easily purchased online, which makes it easier for children to buy them than regular tobacco cigarettes. U.S. laws requiring age limits for tobacco cigarette purchases do not apply to e-cigarette sales. Some states have their own policies requiring e-cigarette buyers to provide proof of age, while other states are still working on the process.

The FDA said "further research is needed to assess the potential public health benefits and risks of electronic cigarettes." It is still unclear how many years it would take before regulation of e-cigarettes is implemented.

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### Town of Wenham Affordable Housing Lottery

#### The Residences at Middlewood



**Q&A Info. Workshop—Aug. 13, 2013  
Lottery Drawing—Sept. 24, 2013**

Both events to be held at 6 pm at  
**Wenham Town Hall**

138 Main Street  
Wenham, MA 01984

Applications available for pick up at Wenham Town Hall and Wenham Public Library

or online at:

[www.DelphicAssociates.com](http://www.DelphicAssociates.com)

[www.massaccesshousingregistry.com](http://www.massaccesshousingregistry.com)

Applications must be received by Sept. 13th.

Call Delphic Associates for more

information at 508 994-4100



APARTMENTS  
FOR RENT

## Ask Doctor Yu: Five foods to beat the summer heat

SUBMITTED BY ALEX YU

Summer is here with sunny days and high temperatures. Apart from swimming to cool off, you can also eat seasonal fruits and vegetables to beat the heat. Keep in mind that these foods should be enjoyed in moderation.

seeds and then crush them into paste for other recipes. This retains the nutritional benefit of the seeds without affecting its taste.

**Yi yi ren or coix seeds**



Image courtesy of Flickr user jennyhsu47.



Image courtesy of Flickr user Nate Gray.

If you feel sluggish and bloated, you can eat more winter melon. For people with weak digestive systems who cannot tolerate cold-nature foods, add some "hot yang" scallions or ginger to balance your winter melon appetizers or soups.

Coix seeds with lotus have a complimentary effect. They are sweet and mild in taste, while slightly cool in nature. Coix seeds aid the spleen and lungs, while reducing heat and adding moisture. They are not as effective for spleen function and have a stronger moisturizing effect. Once cooked, the seeds can be used in soups or drinks for a pleasing taste and hydration.

#### Water lily pads

Summer is the perfect time to watch water lilies bloom. The lily pads underneath are also ideal for summer consumption. Lily pads are bitter and neutral in taste. They can cool heat, clear the intestines and promote blood clotting.

There are many lily pad food

#### Watermelon



Image courtesy of Flickr user moreno0101.

This summer melon is another seasonal treat. Watermelon is sweet and cold in nature. It relieves excessive heat, thirst and aids urination. Watermelon works wonders for sore throat and mouth sores. Apart from eating the red flesh of the watermelon, the rind can be washed to treat external wounds.



Image courtesy of Flickr user Johnson Wang. products that claim to burn calories, but lily pads are not recommended for people with weak constitutions or excessive heat. Actual weight loss depends greatly on the person's physical makeup. However, lily pads have a proven reputation for reducing heat.

Winter melon, watermelon, lotus seeds, coix seeds and water lily pads are excellent foods for the scorching summer months. They are all effective in eliminating seasonal dampness, drowsiness and excessive heat. When combined with moderate exercise and a balanced diet, the benefits are even more pronounced.

Alex Yu is a registered Chinese medicine practitioner in Hong Kong and a doctoral candidate of the Guangzhou University of Chinese Medicine. He holds a master's degree in Chinese medicine and bachelor's degree in Chinese medicine and science from Hong Kong Baptist University.

**Tufts Medical Center**

The red and white lotus seeds are the two most common types, with virtually the same function. For dietary treatment, you can soak the lotus

## Helpful summer safety tips

SUBMITTED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF HEALTH AND HUMAN SERVICES

As the Commonwealth prepares for summer, the Massachusetts Department of Children and Families, Department of Public Health and the Office of the Child Advocate would like to remind families and caregivers about important information that will help keep young children safe this summer.

Infants, toddlers and young children (ages 0 to 5 years) are generally not aware of dangers around them and depend on adults to keep them safe. During warm weather, take steps to prevent falls from windows, keep children safe in cars and encourage water safety, especially around pools. Simple safety steps can prevent injury.

### Window safety

Falls are the leading cause of injury to children, and falls from windows involving young children are especially serious. Window falls are preventable. In order to prevent window falls, parents and caregivers should:

- Keep low furniture and anything a child can climb on away from windows.
- Lock all unopened doors and windows.
- Be sure children are always supervised.

### Water and pool safety

Children have a natural attraction to water. However, drowning is a leading cause of death among young children, both nationally and in Massachusetts.

Backyard pools are the highest risk for children under the age of 5. To help prevent water-related injury and drowning:

- Children should be supervised in and around water at all times.
- Designate an adult "water watcher." When it is your turn as "water watcher" you should not be involved in any other distracting activity, including talking on the phone, not even for a moment.
- Do not drink alcohol while supervising children.
- Install a four-sided pool fence that completely separates the house and play area.

area of the yard from the pool area.

- After the children are done swimming, secure the pool so they cannot get back in.
- Consider additional barriers such as automatic door locks or alarms to prevent access or notify you if someone enters the pool area.
- Keep rescue equipment such as a shepherd's hook or life preserver, and a telephone by the pool.
- For children who cannot swim, use Coast Guard-approved life jackets.
- Learn CPR.

Teach your children to swim. Although swimming classes are not a primary means of drowning prevention, teaching children to swim can provide important protection as well as a fun way to exercise.

### Car safety

Cars can be unsafe — and not just because of car crashes. Children left in a hot car can die from overheating. The National Highway Traffic Safety Administration estimates that a closed car, sitting in the summer sun, quickly turns into an oven, with temperatures rising from 78 degrees to 100 degrees in just three minutes and to 125 degrees in six to eight minutes. In addition, children can be injured while getting out of moving cars or be run over or backed over by vehicles. To assist in keeping your young children safe in and around cars:

- Never leave children alone in a parked vehicle, even when they are asleep or restrained, and even if the windows are open.
- If a child is missing, check the vehicle first, including the trunk.
- Always lock your car and keep the keys out of children's reach.

If you see a child alone in a hot vehicle, call the police. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly. Call 911 or your local emergency number immediately.

## YOUTH VOICES

Featuring original work written by students

## Women fight for rights and progressive reform

BY EUGINE SZETO

Ever since the paleolithic ages, women have struggled to make a significant impact in a world ruled by men. With technological advancements and cultural changes, women had more time to address issues caused by urbanization. However, they were most motivated to affect change by perceived threats to their domestic lives. But as they began uniting to advocate for important issues, they realized the political boundaries in which they were trapped. The result was an incredible progression spearheaded by women.

Image courtesy of Wikimedia Commons.



A variety of changes increased the time that women had to spend on political and social issues. Birth rates decreased due to the advent of birth control. Technological innovations eased domestic duties by providing running water, electricity and household appliances. Finally, women's colleges resulted in higher independence and thus an increase in divorce rates. Women began initiating change, including the settlement housing modeled after Jane Addams' Hull House. Settlement housing offered a solution to immigrants flooding America by providing a space where the middle class could combat the beliefs spread by the Immigrant Restriction League. In these, women helped immigrants learn English and adapt to the American culture. The settlement housing also became a space that allowed women to gather and discuss shared concerns.

The most notable social reform un-

dertaken by women was the temperance movement. Started as a way to protect families, women sought to outlaw alcohol to prevent domestic violence and excessive spending. Often times, the abuse of alcohol led to many problems within a family that was running low on financial resources. To address this problem, women united under the Women's Christian Temperance Union. Directed by Frances Willard, the WCTU recruited 150,000 members that spread to every state, educating children in public school about the dangers of alcohol. Eventually, the WCTU helped ratify the 18th Amendment, prohibiting the trade of alcoholic beverages.

As women fought for the social issues they believed in, they began to realize the political limits they were bounded by because of their inability to vote. Without the vote, many issues that women fought for were ignored by legislatures. In this way, social reformers such as Willard helped many women understand the importance of the suffrage movement. Consequently, they finally gained the right to vote when the 19th Amendment was passed.

Women's role in the progressive era can be defined as a time where women finally stood up for their beliefs. They addressed social and political issues that men had failed to solve. In the process, women acquired the right to vote and taught the middle class to be more accepting of immigrants.



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15 Littleton Road

Two 2 Bedroom Townhomes

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|           |          |
|-----------|----------|
| 1 person: | \$45,100 |
| 2 person: | \$51,550 |
| 3 person: | \$58,000 |
| 4 person: | \$64,400 |



### For Application and Information

#### Email:

lotteryinfo@mcohousingservices.com

#### Call MCO Housing Services:

(978) 456-8388

#### Pick Up:

Harvard Town Hall, Selectmen's Office  
Harvard Public Library

1st Time Homebuyers

### Public Information Meeting

7:00 P.m., Thursday, August 8, 2013

Harvard Town Hall

13 Ayer Road

### Application Deadline

August 28, 2013

Assets to \$75,000  
Great School System

## What to eat in Cape Cod: Skipper Restaurant

BY LING-MEI WONG



Scallops wrapped in bacon. (Image by Ling-Mei Wong.)

Cape Cod is synonymous with summer. With beaches, miniature golf and sailboats, nothing beats a hearty meal at the end of a fun day.



Cape Cod Chowdah. (Image by Ling-Mei Wong.)

The Skipper Restaurant serves up local comfort food. Expect a line for the cozy dining space, but an ice cream stand at the door made the wait fly by.

Once we were seated, we ordered appetizers. The scallops wrapped in bacon (\$11.99) included six plump seared scallops and crisp bacon. Fried calamari (\$9.99) had just the right crunch and came in a generous portion for our party of eight. Steamers (market price) were sweet, juicy mollusks served with hot salt water and melted butter for dipping.

The award-winning Cape Cod Chowdah comes in a bowl (\$6.99) or cup (\$4.99). It's more seafood stew than soup, with clams and potato chunks in a dense cream. The rich broth complements the clams, which were remarkably sand-free.



Lobster roll. (Image by Ling-Mei Wong.)

Our entrees tasted like they came fresh from the sea. The lobster roll (market price) packed hunks of lobster into a hotdog bun with lettuce. Its sides of coleslaw and fries are unlikely to be touched beside the mountain of lobster salad.

We enjoyed the perfectly done lobster (market price), which comes with a side of either mashed potatoes, a baked potato or rice pilaf. The baked stuffed sole (\$16.99) was dressed in a succulent lobster newburg sauce and also had the same sides.

The Skipper sampler (\$21.99) featured scallops, baked stuffed shrimp, scrod and salmon baked in butter and wine. It was tasty, but relatively bland compared to the other entrees.

The Skipper's awesome crab roll (\$15.99) had flaked crab meat in a bun,

making the texture less appealing than the chunky lobster roll. However, the taste was fresh.

Our server Sheila was attentive and constantly refilled our water glasses on the hot day we were there. While the air conditioning could have been stronger, the delicious dishes made the meal one to remember. I'd go back to the Skipper Restaurant for expertly executed seafood.

### The Skipper Restaurant

152 South Shore Drive  
South Yarmouth, Cape Cod, MA 02664  
(508) 394-7406  
[www.skipperrestaurant.com](http://www.skipperrestaurant.com)

## Mayor Menino welcomes Chinese residents to block party

BY ANNA TSE AND LING-MEI WONG



Chinatown seniors take a trolley headed to Mayor Thomas Menino's annual block party on July 12. (Image courtesy of Anna Tse.)

Boston Mayor Thomas Menino threw his annual block party near his Hyde Park home on July 12. A trolley was sent to Chinatown to pick up local seniors so they could join the festivities as well.

A street was blocked off for the event, as Menino greeted residents in his driveway for most of the party. Nearly 1,000 residents attended the block party.

Chinatown Resident Association

chairman Henry Yee thanked Gilbert Ho, former chairman of the Chinese Consolidated Benevolent Association, for arranging the transportation. Chinatown residents have enjoyed trolley service to the mayor's block party for the past three years. As a senior, Yee said he enjoyed being with other Boston residents and attending Menino's last block party as mayor.

## Cruise beckons Massachusetts family caregivers

SUBMITTED BY HOME INSTEAD SENIOR CARE

Family caregivers understand all too well the stress of caring for an aging loved one. What better way to relieve that stress than a getaway? That's why Massachusetts residents are invited to nominate deserving family caregivers — including themselves — for the opportunity to win a free, four-night, five-day cruise.

Home Instead, franchisor of the Home Instead Senior Care network, is sponsoring the cruise for one lucky caregiving hero and guest. Submit your nomination and vote by Aug. 24 at <http://cruise.caregiverstress.com/>.

The Caregiver Cruise is scheduled for Feb. 3 to 7, 2014, on the Royal Caribbean Enchantment of the Seas. The cruise will set sail from Cape Canaveral, Fla., with stops in CocoCay and Nassau, Bahamas. In addition to the cruise, the winning recipient will receive 40 hours of free care from a Home Instead Senior Care professional CAREGiverSM for his/her senior loved one while away.

"The stress of caregiving can have debilitating effects not only on family caregivers, but also on the older adults who are receiving that care," said President Jeff Huber of Home Instead. "That's why it's important for caregivers to take care of themselves. And what better way to do that than during a tropical getaway."

The cruise offers a relaxing retreat with a number of optional activities such



Image courtesy of Flickr user blmiers2.

as putt-putt golf, cocktail hour, cupcake decorating and scavenger hunts, along with support groups and one-on-one consultations with family caregiving expert Amy D'Aprix.

To take a caregiver distress assessment and learn how you can help guard against the potential dangers related to caregiver stress, go to [FamilyCaregiver-StressRelief.com](http://FamilyCaregiver-StressRelief.com).

For more information about the Home Instead Senior Care network, go to [www.homeinstead.com](http://www.homeinstead.com).

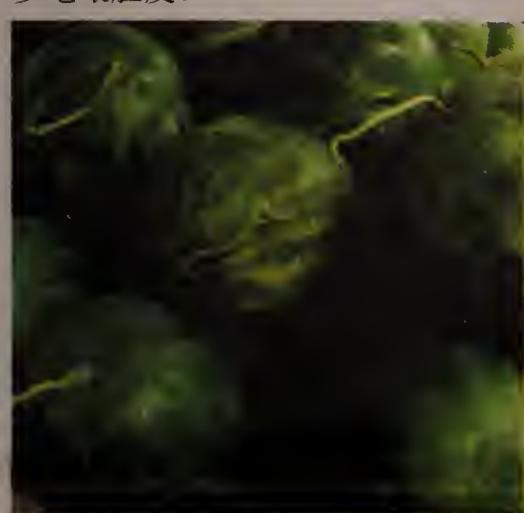
# 夏日炎炎……最好眠？

余均達撰寫



冬瓜。（圖片來自Flickr。）

夏日炎炎，除了游泳消暑外，也可以考慮吃點時令食物清涼消暑一下，現推介以下五種暑天良伴。不過還需注意的是，少食多滋味，多吃壞肚皮。



蓮子。（圖片來自Flickr。）



蓮子。（圖片來自Flickr。）

**西瓜：**瓜類除冬瓜以外，西瓜亦為另一當造品種。西瓜性甘寒，可清熱解暑、除煩止渴、利小便並治喉癆及口瘡。西瓜除紅色果肉可食用外，其外皮（西瓜翠衣）亦可作藥用，洗淨後用作外敷瘡瘍位置亦相當有效。

**蓮子：**長夏易傷脾土，利濕的同時亦需照顧脾胃，多吃蓮子可以補脾土之不足。蓮子性甘平，具有交心腎、厚腸胃、固精氣、強筋

**冬瓜：**夏季冬瓜當造，除可炒小菜外，亦可煲湯飲用，給身體清潤一下。冬瓜性微寒，具有清熱化痰、除煩止渴、解暑、利小便之功效。如果感覺身體濕困倦怠嚴重，可以稍為加量，又如果胃寒對冬瓜耐受性低的話，亦可以在小菜或湯水中加入少量蔥或薑以稍作平衡。

骨、補虛損、利耳目、除寒濕、止脾泄久痢等功效。常見蓮子分紅白兩種，兩種功效接近。如作食療而言，可將蓮子浸水後搗碎成蓮蓉加入食材煮成佳餚，有效之餘亦不失其風味。



薏苡仁。（圖片來自Flickr。）

**薏苡仁：**薏苡仁在功效上能與蓮子互補，其性味甘淡微涼，功效健脾、補肺、清熱和利濕。相對蓮子而言，薏苡仁之健脾力度稍有不足，而滲濕功效相對較強。薏苡仁煮至熟透後可作為粥品或飲品之材料之一，實可滿足食家味蕾同時不失其滲濕功效。

**荷葉：**不少人會於夏天欣賞荷花，實際上其所附之荷葉亦很適合於夏天食用。荷葉性苦平，可作清熱解暑、升發清陽和涼血止血之

用。坊間無數廠家將荷葉充作減肥食品，實質上荷葉不適合體虛及上焦熱盛之人士使用，故此減肥效果非常視乎自身體質，但此品之解暑作用卻備受歷代醫家之肯定。



荷葉。（圖片來自Flickr。）

以上五種食品非常適合於炎夏時稍加食用，對於解決季節性之濕重困倦以及熱盛問題有相當裨益，如能配合適量運動和均衡飲食則能事半功倍。

余均達為香港註冊中醫師及廣州中醫藥大學博士研究生。他擁有香港浸會大學中國醫藥碩士學位和中國醫學及科學學士學位。

## 通勤火車Fairmount 路線現正全線通行！

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### 出行前須知

#### 更多服務 —

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#### 在上車以前購買

您的車票 —  
上車以前購買好車票可以讓您避免支付手續費，您亦可在免費的mTicket手機應用程序上購買。

### 選擇適合您的車票！

| 車站                                     | 區域 | 單程<br>票價 | 7日<br>車票 | 10次<br>車票 | 月票    |
|--|----|----------|----------|-----------|-------|
| South Station                          |    | \$2      | \$18     | \$20      | \$70  |
| Newmarket Station                      | 1A | \$2      | \$18     | \$20      | \$70  |
| Uphams Corner Station                  | 1A | \$2      | \$18     | \$20      | \$70  |
| Four Corners/<br>Geneva Avenue Station | 1A | \$2      | \$18     | \$20      | \$70  |
| Talbot Avenue Station                  | 1A | \$2      | \$18     | \$20      | \$70  |
| Morton Street Station                  | 1A | \$2      | \$18     | \$20      | \$70  |
| Fairmount Station                      | 1A | \$2      | \$18     | \$20      | \$70  |
| Readville Station                      | 2  | \$6      | N/A      | \$60      | \$189 |

• 7日車票可以讓您在7日內無限次使用地鐵、本地巴士、內線港口渡輪及1A區域的通勤火車。

• 1A區域月票可以讓您在一個月內無限次使用地鐵、本地巴士、內線港口渡輪及1A區域的通勤火車。

## 2013年8月移民排期表

## 親屬移民排期表

| 親屬移民<br>排期 | 全世界 (包<br>括港澳台) | 中國大陸           | 印度             | 墨西哥            | 菲律賓             | 備註                       |
|------------|-----------------|----------------|----------------|----------------|-----------------|--------------------------|
| 第一優先       | 2006年<br>9月1日   | 2006年<br>9月1日  | 2006年<br>9月1日  | 1993年<br>9月1日  | 2001年<br>1月1日   | 第一優先：美國公民的成年<br>未婚子女     |
| 第二優先2A     | 有名額             | 有名額            | 有名額            | 有名額            | 有名額             | 第二優先2A：永久居民的配<br>偶及未成年子女 |
| 第二優先2B     | 2005年<br>12月1日  | 2005年<br>12月1日 | 2005年<br>12月1日 | 1994年<br>2月1日  | 2002年<br>12月22日 | 第二優先2B：永久居民的<br>成年未婚子女   |
| 第三優先       | 2002年<br>12月8日  | 2002年<br>12月8日 | 2002年<br>12月8日 | 1993年<br>5月1日  | 1992年<br>12月1日  | 第三優先：公民的已婚子女             |
| 第四優先       | 2001年<br>6月22日  | 2001年<br>6月22日 | 2001年<br>6月22日 | 1996年<br>9月22日 | 1990年<br>1月9日   | 第四優先：成年公民的兄弟<br>姊妹       |

## 職業移民排期表

| 親屬移民<br>排期   | 全世界 (包<br>括港澳台) | 中國大陸           | 印度             | 墨西哥           | ofilipinas      | 備註                        |
|--------------|-----------------|----------------|----------------|---------------|-----------------|---------------------------|
| 第一優先         | 有名額             | 有名額            | 有名額            | 有名額           | 有名額             | 第一優先：杰出人才、研究<br>人員、研究人員教授 |
| 第二優先         | 有名額             | 2008年<br>8月8日  | 2008年<br>1月1日  | 有名額           | 有名額             | 第二優先：跨國公司主管               |
| 第三優先         | 2009年<br>1月1日   | 2009年<br>1月1日  | 2003年<br>1月22日 | 2009年<br>1月1日 | 2006年<br>10月22日 | 第三優先：技術勞工及專業<br>人士        |
| 非技術勞工        | 2009年<br>1月1日   | 2004年<br>3月22日 | 2003年<br>1月22日 | 2009年<br>1月1日 | 2006年<br>10月22日 |                           |
| 第四優先         | 有名額             | 有名額            | 有名額            | 有名額           | 有名額             | 第四優先：特殊移民                 |
| 宗教工作者        | 有名額             | 有名額            | 有名額            | 有名額           | 有名額             |                           |
| 第五優先<br>定點投資 | 有名額             | 有名額            | 有名額            | 有名額           | 有名額             | 第五優先：指定地點投資移<br>民         |
| 試點項目         | 有名額             | 有名額            | 有名額            | 有名額           | 有名額             |                           |

## 活動信息

## 麻省理工慈善捐血活動

七月廿六日 (週五)  
下午一點至六點  
麻省理工學院帆船碼頭  
MIT Wood Sailing  
Pavilion, Cambridge, MA  
02142

新英格蘭台灣青商會  
與麻省理工學院台灣同學會、波士頓兒童醫院聯手舉辦慈善捐血活動。本活動對外開放，歡迎捐血志願者現場登記，或預先至波士頓兒童醫院捐血中心網頁預約。完成捐血者將獲得免費新英格蘭台灣青商會全新T恤一件與烤肉餐券一張，參與當晚的烤肉大會。要求志願者年滿17歲，身體健康，體重滿110磅(50公斤)。詳情請參考網頁<http://julymitgiveblood.wix.com/index>。

世界肝炎日  
七月廿八號 (週日)  
早上10點到中午  
牌坊公園  
Chinatown Park,  
Boston, MA 02111  
MAP for Health會館

一場B性與C性肝炎活動。詳情請登入[www.teamhbv.org/boston](http://teamhbv.org/boston)。

Sounds of the Garden  
免費音樂會

七月三十一號 (週三)  
晚上六點  
Mission Hill Community  
Garden  
Park Street, Boston,  
MA 02120

歡迎公眾前來共舞同唱，並品嘗當地食物，享受一個美好的夏日夜晚。詳情請洽(617) 542-7696或登錄[www.bostonnatural.org](http://www.bostonnatural.org)。

欣賞王家衛電影  
八月一號至八月廿五日  
波士頓藝術館  
465 Huntington Avenue  
Boston, MA 02115

知名導演王家衛的電影即將全部在波士頓藝術館播放。他的最新作品『一代宗師』將於8月15日播出。詳情請登入[www.mfa.org/programs/series/films-wong-kar-wai](http://www.mfa.org/programs/series/films-wong-kar-wai)。

## 太極課程

八月一日 (週四)  
上午十點至十一點  
Symphony Park  
36 Edgerly Rd, Boston,  
MA 02115

Huan Zhang師傅將在Fenway開設太極課程。逢週四開班，中英文雙語教學。最後兩節課分別在八月一日和八月八日。如果下雨，課程將移至室內100 Norway Street。

## 華埠居民會會議

八月七號 (週三)  
晚上六點三十分  
昆士小學飯堂  
888 Washington Street,  
Boston, MA 02111

華埠居民會月會將在昆士小學飯堂召開。歡迎公眾前來旁聽。

## 華埠社區議會

八月八日 (週四)  
早上九點三十分  
波士頓華埠社區中心  
38 Ash Street, Boston,  
MA 02111

華埠社區議會將在波士頓華埠社區中心召開。歡迎公眾前來旁

聽。

BCEC秋季英文班及入  
美籍班

八月十七日 (週六)  
上午九點三十分  
249 Harrison Avenue  
Boston, MA 02111  
波士頓華人佈道會  
(BCEC) 將舉辦秋季  
英文班及入美籍班。九  
月七日起至十二月十四

日，逢週六上午九點半至中午十二點開課。費用每人25元。新生編班試將於八月十七日 (週六) 上午九時三十分在教會禮堂舉行。所有新生必須出席考試。有興趣就讀者請到教會報名

或致電617-426-5711查詢。名額有限，報名從速。

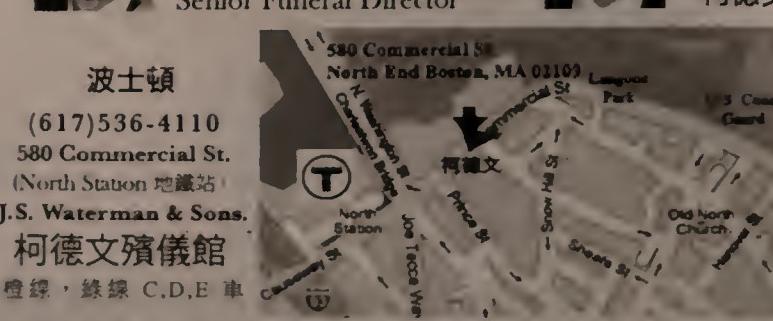
 柯德文殯儀館  
Boston Harborside Home  
J.S. WATERMAN & SONS  
Waring - Langone 免費查詢專線: 1-800-344-7526

楊德超  
(華人制殮師)  
Tak Chiu Joseph Yeung  
Senior Funeral Director



白堅禮  
Kenneth F. Bennett  
Senior Funeral Director  
“柯德文獎學金”創始人

波士頓  
(617)536-4110  
580 Commercial St.  
(North Station 地鐵站)  
J.S. Waterman & Sons.  
柯德文殯儀館  
燈輝，錄錄 C,D,E 車



昆士市  
(617)472-1137  
576 Hancock St.  
(Prune油站對面)  
Dewarie Funeral  
Home  
德華殯儀館

## SAMPAH 一舟報

華美福利會發行  
波士頓泰勒街八十七號  
電話: (617) 426-9492  
傳真: (617) 482-2316

編輯: 黃靈美  
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中文版

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ads@sampah.org

電話: (617) 426-9492  
分機206

排版: 黃靈美、呂昊

《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

# 了解電子香煙跟傳統香煙的差異

呂昊報導



圖片來自Flickr。

隨著近年來電子香煙在全國範圍內熱銷，公眾也開始圍繞其是否會造成健康風險這一話題展開討論。

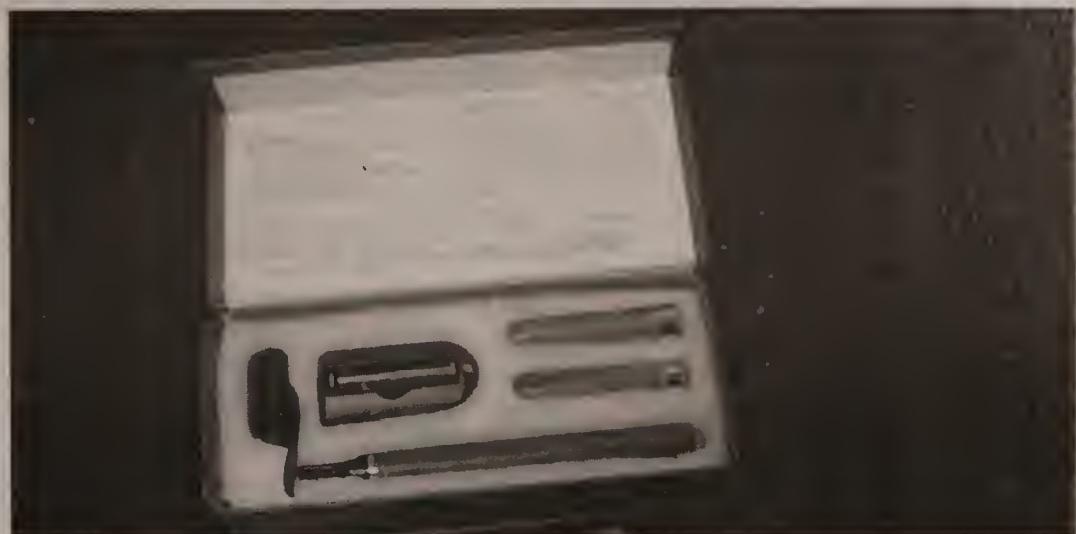
電子香煙主要由電池控制，其原理是將尼古丁和其他化學藥品轉化為蒸汽，從而模擬吸煙的行為。然而，儘管它看起來和普通香煙近乎相同，兩者之間仍存在巨大差異。電子香煙並不需要打火機或火柴來點燃。相對的，它需要電池，噴霧器和裝滿液體尼古丁的暗盒。

電子香煙的使用方法和抽吸普

通香煙沒有區別。在吸煙者吸入和吐氣的同時，加熱內裝的液體，噴出含尼古丁的蒸氣。這樣看起來就像吸煙者在吸一般香煙，只是由於沒有物理上發生實際的燃燒，因此也就不會產生氣味。

電子香煙的支持者們認為，儘管電子香煙會提供和普通香煙一樣的尼古丁含量，卻並不會產生會導致肺癌的有毒氣體。除了尼古丁以外，吸煙者不會吸入任何煙草毒氣。

然而，沒有煙草毒氣並不意味



圖片來自Flickr。

著電子香煙不會帶來健康危害。電子香煙的確不會產生二手煙霧，但仍會製造二手蒸氣。雖然製造商們強調這些僅僅是對人體無害的水蒸氣，健康專家卻認為目前製造商還未能拿出足夠證據支持這一理論。生產、製造商們通常都很少會對他們的產品作出詳盡的安全說明。

電子香煙的反對者則稱在製造商能夠證明產品對兒童、老年人和有健康問題人群都很安全之前，人們不該接觸這種二手蒸氣。有些人報告稱該蒸氣傷害他們的眼睛、鼻子、喉嚨並影響呼吸系統。

電子香煙的另一個問題是它可以在網上輕易購買，從而使得孩子們也可以隨意訂購電子香煙。美國

法律雖然要求未成年人不得吸煙，卻未將此規定運用在電子香煙上。有一些州已經通過法律規定未成年人不得購買電子香煙，其他州則還在制定規範的進程中。

美國食品暨藥物管理局一直承諾會將電子香煙標為藥品提供產品以進行進一步規範。然而他們在一份聲明中表明：「現在仍需要進一步的研究來評審電子香煙和其他類似香煙產品的潛在公共健康利益與危害。」這意味著需要多少年才能真正規範電子香煙仍是未知數。

**Tufts Medical Center**

## Bristol Commons and Lenox Green經濟公寓出租 97 Kilmer Avenue, Taunton, MA 02780

| 單位數量 | 戶型 | 最低租金    |
|------|----|---------|
| 45   | 1房 | \$948   |
| 72   | 2房 | \$1,137 |
| 28   | 3房 | \$1,314 |
| 5.   | 4房 | \$1,465 |

家庭人數最高入息限制：

| 家庭人數 | 60%    | 家庭人數 | 60%    |
|------|--------|------|--------|
| 1    | 35,400 | 4    | 50,520 |
| 2    | 40,440 | 5    | 54,600 |
| 3    | 45,480 | 6    | 58,620 |

有使用和入住限制適用

申請表格可憑個人到Trinity Management領取  
可要求合理住宿申請

地址：Fairfax Gardens公寓管理辦公室  
97 Kilmer Avenue, Taunton, MA 02780

工作日：2013年7月22日至2013年9月22日，上午9時至下午4時  
星期六：2013年8月17日，上午10時至下午1時

公眾資訊會議(可現場領取申請表格)：  
2013年8月15日星期四下午6時至8時，  
地址：97 Kilmer Avenue, Taunton, MA 02780

參加抽籤儀式的申請表格投遞的截止日期：  
本人可於2013年9月27日下午4時以前交付到以上地址，  
或郵寄至以上地址，郵戳不應遲於2013年9月27日

本公司將以抽籤儀式選出合資格的申請者

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每個房間至少應有1名家庭成員居住

歡迎Voucher持有人申請該公寓——有獨立的租金支付標準

如需更多關於申請表格或其他資訊，請致電Trinity Management Company  
電話：1-617-398-5292 TDD: 1-800-545-1833, 分機：945



Equal Housing Opportunity



# SAMPAN

期待您的參與！

想要在我們8月的中秋特刊上發表自己的文章嗎？在7月30日前任選以下六個話題之一撰寫一篇400字的文稿，發送至editor@sampan.org，您便有機會在新英格蘭地區唯一的中英雙語報紙上刊登自己的作品！

-中秋節民俗  
-月餅  
-家庭美好回憶

-節日習俗  
-柚子  
-旅行目的地

## 租賃登記與檢驗計畫

租賃登記與檢驗計畫規定所有私人租賃單位進行每年登記，以及每五年檢驗一次所有非免稅的租賃單位。今年的登記期從2013年5月1日到2013年8月1日止。初始登記費為每單位25美元。若未登記將導致罰款以及進一步的執法行動。



### 好處：

- 向屋主傳授州和地方的住房法規。
- 向屋主提供物業狀況的書面記錄。
- 確保租賃單位符合最起碼的《住房法規條例》。

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電子郵件 rentalprogram@cityofboston.gov 或致電 617-635-1010。

# Cape Cod美食： Skipper餐廳

黃靈美報導

Cape Cod這個地方就是夏天的代名詞。在海灘，迷你高爾夫球場和小帆船上折騰一天後，美食一頓是一天的最好結束語。

Skipper餐廳供應當地的家常飯菜。我們對排隊入座已有心理準備，但門口的冰淇淋櫃檯使枯燥的等待一晃而過。

就座後，我們點了些開胃菜，包括培根包扇貝（\$11.99）、炸魷魚（\$9.99）和甜蛤（市價銷售）。臘肉扇貝卷就是脆脆的薄片培根捲上肥美的扇貝，總共6卷：炸魷魚炸得恰到好處，而且量大，足夠我們8個吃貨瓜分。甜蛤肉汁豐厚，吃時沾上熱鹽水和奶油醬。

曾在比賽中獲獎的Cape Cod巧達湯論碗也論杯賣，一碗是\$6.99，一杯是\$4.99。這巧達湯中的蛤蜊量多，加有土豆，比一般的湯濃稠。奶酪湯底味道香濃厚重，與湯裡的蛤蜊是絕配，蛤蜊乾淨無沙，吃起來爽口痛快。



甜蛤。（圖片由黃靈美提供。）

我們的主菜非常新鮮，彷彿直接從海裡撈上餐桌。龍蝦卷（市價銷售）裡的龍蝦量豐厚，配有生菜。另外，龍蝦沙拉的量也很大，以至於我們點的捲心菜沙拉和薯條基本沒動。

我們點的主菜龍蝦（市價銷售）味道絕美。這道龍蝦的配菜有土豆泥、烤土豆和米飯三樣可選其一。烤比目魚（\$16.99）配有龍蝦醬，配菜與主菜龍蝦一樣有土豆泥、烤土豆和米飯三樣可選。

餐廳的招牌拼盤（\$21.99）包括鮮貝、烤蝦、烤鱈魚和三文魚。鱈魚和三文魚是在奶油和葡萄酒配料中烤製出來的。總的來講拼盤味道不錯，但是其它主菜味道更佳。

蟹肉卷（\$15.99）就是小圓麵包裡夾上蟹肉絲，口感上不如切成塊狀的龍蝦卷，不過倒也新鮮。

我們的服務人員Sheila非常勤快，大熱天的不停的給我們添水。空調不夠冷，不過飯菜可口足以令人流連忘返。

The Skipper Restaurant  
152 South Shore Drive  
Cape Cod, MA 02664  
(508) 394-7406  
[www.skipperrestaurant.com](http://www.skipperrestaurant.com)

一文章由許可可翻譯

## Somerville經濟公寓出租 Avalon at Assembly Row/AVA Somerville

座落於Somerville Assembly Row和AVA的Avalon公寓，是一個全新的非吸煙公寓家庭社區。該公寓擁有專業的現場管理、室外恆溫泳池、私人健身中心、來往於Sullivan Square地鐵站的穿梭巴士和共包含有56套低收入和中等收入的經濟公寓。現在該公寓還在施工中，預計可於2013年10月正式入住。該公寓的公眾資訊會議將於7月18日星期四下午6時，在位於Somerville Cherry街5號的John F. Kennedy小學餐廳舉行。有興趣的人士請在Assembly Row社區的Avalon公寓處登記報名。

先接受座落於麻州Somerville的單間、1房、2房和3房的經濟公寓申請表格投遞

申請有低收入和中等收入的入息限制

\*\*現住在或者全職工作在Somerville的合資格者將有本地優先的權利\*\*

公寓申請時間：2013年7月8日—2013年8月8日

\*於截止日下午4時以前親自遞交或郵戳不遲於8月8日的申請表格才可參加抽籤儀式\*

抽籤儀式將於2013年8月16日舉行

申請表格可通過來電、個人或電郵形式獲取：

地址：The Temporary Leasing Office, 2 Foley St. Somerville, MA 02145

電話：855-211-8154

電郵：[MABlueSkies@AvalonBay.com](mailto:MABlueSkies@AvalonBay.com)

你亦可以郵寄至以下地址獲取：

Avalon at Assembly Row, P.O. Box 45377, Somerville, MA 02145

辦公時間：

星期一、二、三和五：上午9時至下午4時；星期四：上午10時至下午7時

每月租金（扣除公用事業費用後）從最低\$657至\$1,190

家庭最高中位數50%

|    |          |
|----|----------|
| 1人 | \$33,050 |
| 2人 | \$37,800 |
| 3人 | \$42,500 |
| 4人 | \$47,200 |
| 5人 | \$51,000 |
| 6人 | \$54,800 |

家庭最高中位數80%

|    |          |
|----|----------|
| 1人 | \$47,150 |
| 2人 | \$53,900 |
| 3人 | \$60,650 |
| 4人 | \$67,350 |
| 5人 | \$72,750 |
| 6人 | \$78,150 |

\* Somerville Assembly Row和AVA的Avalon公寓的住客將需要自行支付  
煤氣費、電費、水/去水費、電話費和電視費用。

歡迎Section 8持有人申請該公寓

租全和入息限制將可能改變而不另行通知。公平房屋機會。  
公寓擁有給殘疾人士使用的FHA投訴功能。AvalonBay Communities, Inc.



## 暑期兒童安全須知

麻州健康與大眾服務執行辦公室撰寫

歡樂暑期闊步來臨，麻州兒童與家庭部、公眾健康部以及兒童問題辦公室聯合提醒家長及保育員有關兒童安全保障的問題。

五歲以下幼童總的來說沒有危險意識，時刻需要大人的留意。天氣炎熱時，要注意窗台墜落、游泳場所等的水域安全及車輛安全等問題。以下提供的措施建議簡單易行卻防患未然：

### 窗台墜落

失足跌落是兒童傷亡中的主要案例，從窗台跌落尤其會造成嚴重傷害。從窗台跌落是可防的，措施如下：

- 窗台下不要擺放低矮家具，以免兒童藉此攀爬至窗台處。
- 不打開的門窗要鎖住。
- 確保兒童時刻有大人監督。

### 游泳池及其它水域安全

大多數兒童天生喜水，不幸的是水淹至亡是全美國及麻州兒童死亡的主要案例。

庭院裡的泳池對5歲以下兒童來講是高危區域，防止水域傷亡措施如下：

- 時刻有大人監督。
- 大人應輪流進行「水面監督」。執行水面監督的人應全心全意進行監督工作，不能因其它事物而分心，講電話等行為要禁止。
- 監督兒童時不能飲酒。
- 泳池四周建造隔離欄，防止兒童由房屋或庭院隨便進入泳區。
- 兒童游泳完畢，確保兒童不返回泳池。
- 考慮安裝二道防護，例如自動門鎖或警報器等防止隨意進入泳

區，或當有人進入泳區有警報提示。

- 泳區準備救生用品，例如長鉤棍、游泳圈和電話等。

- 對不會游泳的兒童來講，使用海岸救生員批准的救生衣。

- 學習緊急救護。

安排孩子學習游泳。游泳班的主旨雖然不是防止水淹，但學游泳時，孩子也學到了重要的自救措施。此外，游泳也是很好的鍛煉方式。

### 車輛安全

小汽車並非安全庇護所，這並不是指車禍等災難。兒童留在酷熱的小汽車內可中暑而亡。據國家高速公路交通安全管理局估測，夏季無遮蔭置放且門窗全部關閉的小汽車可極快的變成一個烤箱，不需幾分鐘就可由華氏78度升溫至100度，在6-8分鐘內還可繼續升溫至125度。除車內中署外，其它傷亡原因還包括車未停穩前下車以及被行駛或後退中的車輛撞倒壓傷等。預防車難措施如下：

- 決不將兒童獨自留在車內，即便是孩子在睡覺或是有車座安全帶等限制。

- 如有兒童失蹤，首先查找車內及車廂處。

- 確認車輛鎖住，鑰匙放在兒童拿不到的地方。

如見兒童一人留在炙熱的車內，應立即報警。如果兒童已有中暑症狀，應盡快將兒童從車內抱出並幫助消暑，此外還應立刻撥打911急救電話。

一文章由許可可翻譯

## 波士頓市長燒烤派對 邀請華埠長者同樂



華埠居民一同搭巴士前往市長燒烤派對。（圖片由謝婉君提供。）

波士頓市長萬寧路（Thomas Menino）在7月12日下午，特派旅遊巴到華埠接載居民前去 Hyde Park，參加燒烤會。

市長在他住所前封了一街，又在屋外與市民閒好近一個小時，當日人頭湧湧的派對，近有一千多市民參加，非常熱鬧。

華埠居民會主席余士昂表示多謝前中華公所主席何遠光先生在過去的三年與市府聯繫，安排巴士接載，使更多華埠居民，尤其長者亦能與其他市民同樂，參與市長在他任內最後一次舉辦的燒烤派對（block party）。

# 華埠議會綜合報告： 華埠社區聯盟、 華埠/南灣社區議會

黃靈美報導



華埠社區聯盟7月11日會議當日：二區市議員比爾.林乃肯（左二）與他的服務組代表陳偉文（左三）出席。（圖片由Calin Brown提供。）

華埠社區聯盟於7月11日商討了附近的地產開發。華埠/南灣社區議會於7月15日對當地垃圾問題也進行了討論。

二區市議員比爾.林乃肯總結了他手中正在進行中的項目工程及目標。波士頓重建局及麻州難民移民辦事處也相繼發言。

當講到波士頓昆士學校在原址上的重建項目一拖再拖時，林乃肯解釋道拖延是由於缺乏資金而造成。「另外，我們也要同昆士學校的校方進行會談，弄清他們對學校在華埠重建的誠意到底有多大。往後的一年裡，我會著手來做這個事情。」

來自麻州重建局的Mary Kanasas強調麻州學校建設局有意重建該校，但可能將不是在原址上，「學校建設局」正在尋找其它適宜地址。

林乃肯認為提高管轄區內的教育水平是頭等大事，他呼籲把提高當地社區的教育水平當作是本社區發展的首要任務。他也提議社區參與教學大綱設計及學校資源合理分配等。

林乃肯希望華埠擁有自己的圖書館，並且圖書館將擁有有效的運做模式。當下的情況是公眾對錄用全職圖書館員還沒有統一意見，另外對圖書館的建造地址、如何經營管理等問題眾說紛紛。意見不統一是圖書館營建項目進展緩慢的主要原因。

對建造更多平價住房的呼聲，林乃肯肯定當地需要更多平價住房，但他說：「這將涉及到法律和政策問題」。

華人前進會的劉衛恆對華埠當下正建或是已有計劃的住房發展

**舢舨預祝大家中秋節快樂！**

# 華埠犯罪報告

由波士頓警察局提供

所有報告均有波士頓警察局提供。

時間：7月12日至7月18日。

地域：A1區域（華埠）

如需報告犯罪案件或可疑活動，請立即致電911。警察局提供中文口譯員。

## 波士頓警察局日誌

### • 授權逮捕

7月12日，下午1:50：警察逮捕嫌疑犯在羅君治街，拘捕令由Charlestown區法院發出。

### • 無武器搶劫

7月16日，早上9:50：受害人拿住她的iPhone的時候，被一名不認識的白人搶走。嫌疑犯在華盛頓街逃往尼倫街方向。

### • 詐騙

7月16日，下午2:30：受害人收到一通電話，一位男人說她的兄弟被綁架，不馬上寄錢就殺他。她當下寄錢給嫌疑犯。隨後受害人發現她兄弟無事。

### • 毒品

7月16日，下午5:25：兩名嫌犯在愛惜士街販毒時被A1區域毒品管制小組逮捕。

### • 持刀搶劫

7月16日，晚上8:15：受害人說她經過平安街時被一名白人女士跟一名黑人男士持刀搶劫。其中之一的嫌犯多次攻擊被害人。

| 案發時間  | 案發地點     | 事件描述                 |
|-------|----------|----------------------|
| 7月16日 | 必珠街45號   | 入室盜竊<br>價值\$50至\$199 |
| 7月16日 | 華盛頓街630號 | 詐騙                   |
| 7月16日 | 夏里臣街     | 毒品-B級<br>持有-意圖製造與分發  |
| 7月16日 | 愛丁保羅街15號 | 搶劫-持刀-街道             |
| 7月16日 | 必珠街      | 故意破壞公物               |
| 7月17日 | 松樹街7號    | 財產調查                 |
| 7月17日 | 地面幹線     | 酒精-公開醉酒              |
| 7月17日 | 大西洋街753號 | 車輛盜竊-機車              |
| 7月17日 | 寶來斯頓街40號 | 毒品-A級<br>持有-意圖製造與分發  |
| 7月17日 | 華盛頓街660號 | 入室盜竊<br>價值\$200以上    |
| 7月17日 | 史超活街25號  | 攻擊和毆打                |
| 7月18日 | 史超活街45號  | 違規城市條例               |

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102 South Main Street

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30 Washington Street

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31 School Street

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8 Old Stone Way

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1001 Southern Artery

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1 Avalon Drive

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# 華埠群眾為經濟房屋遊行

黃靈美報導



華埠居民7月17日參加遊行。（圖片由黃靈美提供。）

7月17日，華埠群眾在四個地點進行抗議遊行，要求提供更多保障性住房和圖書館設施。華埠遊行(Tour R Chinatown)在多方積極的參與下進行。其中有來自華人前進會、華人青年計劃和華埠居民會的成員。

在夏裡臣街300號的水墨塊(Ink Block)開發項目是這次遊行的第一站。前麻州參議員梅爾金(Mel King)提到，這塊住宅社區是他成長的地方。而當時為了建造前波士頓先驅報(Boston Herald)總部而被拆遷。

梅爾金說：「我想讓這些居民拿回屬於他們的權利。如果我們團結在一起，我們就不會被趕走。」

波士頓工人協會組委會主任Hakim Cunningham說道：「我們希望看到越來越多的亞裔美國人和非裔美國人為了這個社區而努力，而這將是一個上億的項目。」

Building Trades Building Pathways公司的項目主任Brian Doherty表示，「我想為波士頓的居

民爭取更多的工作，我們的社區應該更多樣化。」

華人青年計劃的高中實習生林龍生建議在華埠建造一個圖書館。他說：「如果24地段要蓋房子，我們為什麼不蓋圖書館呢？」

華埠附近的豪宅興起為社區帶來了不少經濟收益，同時也增加了生活費用。愛丁保街25號經濟適用房的居民們抱怨他們不再享有租房補貼了，同時他們還表達了他們想住在唐人街這個華人社區的願望。昆士小學和便利的公共交通都是其他地方沒法帶給他們的。

遊行的最後一站是哈利臣街45號。因為不安全的居住環境，至少有40戶居民在去年12月被迫搬出來。CPA組委會主任Karen Chen說：「這棟大樓已經出售了，但是還沒賣出。」

華埠居民會主席餘仕昂說道：「這是我們的華埠，城市的發展不應該拿走屬於我們的華埠。」

一文章由張繼越翻譯

## 經濟公寓現正接受入住申請

**Alta Stone Place**

**1000 Stone Place, Melrose, MA**

**三套1房單位：\$1,259/月；兩套2房單位：\$1,402/月**

**一套3房單位：\$1,546/月 租金將不包含任何公用事業費用**

Alta Stone Place是一間座落於Melrose市Stone Place 1000號，擁有212套出租單位的社區公寓。首6套的經濟單位將會以投遞申請表的方式租給那些入息低於地區中位數80%的家庭。另外還有13套的經濟公寓單位將會參與在稍後2014年所舉行的第二次抽籤儀式。

這6套經濟公寓單位都是擁有9呎高的天花板、廚房與浴室為人造木地板、客廳和房間鋪有地毯、不銹鋼用具、花崗岩檯面、步入式衣櫃、超大浴缸和並排洗衣機和乾衣機。如需更多有關發展和公寓單位的詳細信息，請瀏覽我們的網址：[www.AltaStonePlace.com](http://www.AltaStonePlace.com)。

| 家庭人數 | 地區入息中位數80% |
|------|------------|
| 1人   | \$47,150   |
| 2人   | \$53,900   |
| 3人   | \$60,650   |
| 4人   | \$67,350   |
| 5人   | \$72,750   |
| 6人   | \$78,150   |

公眾資訊會議：2013年8月15日下午6時，地點：Aldermanic Chamber of Melrose City Hall, 562 Main Street, Melrose, MA。

填妥的申請表格和所要求的入息文件必須親自遞交而不能郵寄。截止日期為2013年9月18日下午2時。

公寓抽籤儀式：2013年10月1日下午6時，地點：Aldermanic Chamber of Melrose City Hall, 562 Main Street, Melrose, MA。

如需更多關於申請表格、抽籤儀式或是為殘疾人士所提供的公寓合理性住宿申請，請致電617.782.6900或瀏覽網址：[www.s-e-b.com/lottery](http://www.s-e-b.com/lottery)。

申請表格和所有資訊可於座落於West Emerson街69號的Melrose公眾圖書館領取。（時間：星期一至四，上午10時至下午9時，星期五至六，上午10時至下午5時，星期日下午2時至5時）



# 摩頓亞裔公共安全會議

謝婉君簡譯



超過150位摩頓居民出席市府特別為亞裔市民舉行的公共安全會議，更首次在會議上同時提供廣東話及國語即場翻譯。摩頓市公務局員工林猷康(右二)表示會議介紹及解釋資訊非常清楚。(圖片由謝婉君提供。)

摩頓市長郭健新(Gary Christenson)在7月15日於該市的老人中心為亞裔舉辦特別公共安全會議，吸引了超過150名亞裔居民參加，市民踴躍發言。市長更首次同提供廣東話及普通話即場翻譯，華夏文化協會提供了茶點。

會議上，郭市長帶領警察局局長莫利(Kevin Molis)、消防局局長Jack Colangeli、公務部局長Rob Knox，以及市長辦公室亞裔助理于豔和通訊科技主任Ron Cochran介紹和解答市民有關從市內治安到摩頓市地稅高漲的問題。

據最近一項到來自亞裔居民的公共安全問卷調查中，大多數人覺得摩頓馬是個安全的城市，而三大希望改善的地方為：

1) 與警察和消防局通信時，遇到的語言障礙

2) 區內不便之處

3) 缺乏與市府了解及溝通的渠道，亦希望市政府可提供更多翻譯服務等等。

兩項新技術將會被使用在警察局和市府內，幫助市內主要語言不是英語的居民，提高有效政府與市民溝通效率。

## 多種語言RTT即時翻譯設備

郭市長表示，該市已購買及使用最新RTT多種語言即時翻譯設備，提供150不同語言傳譯服務，以加強不能說英語的居民方便與市內不同

部門如警局的溝通。

郭市長說：「這是一個符合經濟效益，有助摩頓市，這種即時語言翻譯設備，其實在美國其他城市也已採用。」

## 網上市民報警

透過網上填寫電子報警，非常方便，市民可身在家中，任何時間也可舉報小案件。填寫電子報警資料在網上提交後，會發一個跟蹤號碼到您的電子郵件，警察局也將跟進，為將來的調查報告。居民可到摩頓市警察局網站[www.maldenpd.com](http://www.maldenpd.com)查詢。

警察局局長莫利應為此網上報警有助警方更善用資源、打擊犯罪和保護市民。他說：「當警察不用在警局落報告時，出外巡邏，捉賊機會便會更多。」

有一市民向市長表示摩頓地稅高漲，希望他提出新方案協助小業主。

其後消防局局長Colangeli演示如何正確地使用滅火器，並提醒居民法律規定，必須在家中安裝煙霧探測器和一氧化碳探測器。

郭市長最後表示感謝摩頓市的市議員的共同努力為建立，更美好的社區邁進。他說，「新科技及資源提供了進步空間，有助打破語言障礙，讓我們可以更好的溝通及相處。」

## 業主置業首選

### 8套聯排別墅公寓單位現正發售

The Orchards at Holliston, 353-377 Highland St, Holliston

所有公寓將以抽籤形式

售給合資格的買家

(8套)2個睡房、2.5個浴室的聯排別墅單位

售價：\$166,500，面積約為：1580平方呎

最高入息限制：

|               |               |
|---------------|---------------|
| 1人 - \$47,150 | 3人 - \$60,650 |
| 2人 - \$53,900 | 4人 - \$67,350 |

申請有其他限制適用

公眾資訊會議：

7月29日下午6時至8時，Holliston市政廳105號房

申請表可於以下地址領取：

Holliston市政廳Town Clerk's Office

Holliston公眾圖書館

您亦可通過郵寄書面申請到以下地址：

JTE Realty Associates,

P. O. Box 955, No. Andover, Ma. 01845

或電郵至：[orchards@jterealtyassociates.com](mailto:orchards@jterealtyassociates.com)

必須提供回郵地址。電話：978-258-3492

申請表截止日期：2013年8月28日

下期中秋特刊將於八月九日出版

# 華埠市長候選人論壇： 艾若幼、巴魯斯和雷綺

呂昊和鍾琳琳報導



約翰F·巴魯斯7月24日簽了一份支持華埠永久圖書館的海報。(照片由呂昊提供。)

波士頓華埠居民會和麻州亞美局在昆士小學舉行聯合舉行市長候選人講座系。7月10日波士頓市長候選人，波士頓不分市議員費利克斯·艾若幼(Felix Arroyo)在他太太Jasmine的陪同下，發表了他對波斯頓未來計劃。7月24日，前州議員莎洛特·戈拉爾·雷綺和約翰F·巴魯斯參加了市長候選人論壇系列的第三場，就其對波士頓市的未來發展計劃向公眾發表演說並回答提問。

在演講中；艾若幼呼籲「投資在波士頓」的計劃。此計劃是將波士頓的資金優先投入有服務當地社區的銀行，將促進波士頓經濟、協助小型企業發展以及創造更多本地就業機會。

艾若幼同時分享自己的移民家庭故事，經濟背景平凡，靠政府津貼住可負擔行房屋。因此，他十分提倡可負擔行房屋。隨著各種豪華大樓的建造，對於低收入家庭，買房已經變成了負擔。艾若幼指出波士頓已經有了足夠的豪華公寓，而現在急需更多的經濟房屋。

在談到關於教育問題上，艾若幼強調公立學校的重要性。他說所有的孩子都應該得到優質教育。身為一名公立學校畢業生，公立學校的重要性對他來說更具意義。作為貧窮的移民家庭，他父母沒有經濟能力讓孩子們去讀私立學校，所以他建議採取行動來改善公立學校系統。他建議每班應該有助教來幫助學業上落後的學生。艾若幼還提議延長上課時間，讓學生在美術，音樂，戲劇，體育等科目中選擇他們喜歡的科目。這樣可以讓學生在上

課的同時加強他們的創造力，學習新的技能。他堅信每個學生都可以上大學，並畢業。

一位聽眾提問到關於阿羅約對於老師簽約的支持，改變現在工會方式。艾若幼指出如果學校和老師簽約，好的老師就有更多動力來努力教學。同時簽約可以保證教師質量，從而改進公立學校系統。

艾若幼是在麻省大學波士頓(UMass Boston)校區拿到學士學位，在南新罕布什爾州(Southern New Hampshire University)大學拿到碩士學位。他現在和夫人住在Jamaica Plain。

雷綺和巴魯斯均就華埠社區內現存的幾項重要問題如保障性住房、高質量教育和建立永久性公共圖書館進行了討論。

雷綺談到勞工發展，強調自己關注在社區建立教育機構，願為年輕人帶來更多工作機會。

她說，隨著經濟狀況日益好轉，十年內將有大量工作機會湧入波士頓。因此她希望建立一所一流教育機構，傳授學生技能並提供培訓，讓年輕人有能力與資質把握未來的工作機會。

由於資金匱乏，華埠今年二月關閉了社區圖書館。一位來自南灣東老人公寓的居民詢問雷綺，在政府預算持續不足的情況下，她將如何具體幫助華埠建立永久性公共圖書館。雷綺則保證她將仔細研究政府預算後與社區共同制定詳細計劃。

來自非洲移民家庭的巴魯斯表示出自己對於移民人群的支持。他認為移民是組成波士頓的重要部分，而他願意協助提供足夠的設施、培訓和教育以確保移民社區不僅有機會學習英語語言，還有能力創建一個更美好的生活。

巴魯斯說：「每一個學生都應該得到最好的教育。講第二語言並不意味著你是二等公民，也不等於你只能享受二等的待遇和資源。」

除了房屋、教育和本地經濟等問題，巴魯斯還強調他對波士頓年輕人工作和發展的關注，並承諾在獲選後為年輕人提供夏季14,000個、全年2,000個工作機會。

## 家庭健康護理誠聘

大波士頓家庭健康護理公司(Greater Boston Home Health Care service, Inc.)誠聘半職家庭健康護理助手(Aides)及個人護理人員，服務於昆士地區，必須自備車，通曉英文與中文。請於週一至週五，上午9時至下午4時，電話預約面試：781-762-2929

## Help Wanted

Greater Boston Home Health Care service, Inc.

Part-Time Home Health Care Aides and Personal Care Attendants needed for Quincy area. Must have car and speak both English and Chinese. Please call #781-762-2929 for interview. M-F: 9am-4pm.

## MILLBROOK SQUARE apartments

- Millbrook Square公寓現正接受1房和2房等候名單的申請。
- 申請者必須年滿62歲或以上或殘疾人士。
- 申請者必須符合HUD Section 8房屋計劃的合資格者規定。

請以書面形式郵寄到  
以下地址獲取申請表

781-641-1410 | 電傳打字號碼: 711  
cmjapts.com | millbrooksquare.com



17 Mill Street  
Arlington, MA 02476

該公寓由專業管理公司CMJ Management Company管理

# 亞裔組織犯罪集團 成員被判刑

美國聯邦法院麻薩諸塞州

波士頓 - 因在唐人街及其它地方涉及參與販賣毒品、賣淫及洗錢的有組織罪行共謀角色，一位劍橋市的男人已於7月9日被法官判刑。

現年52歲的陳維星(音譯，下同)，又名阿宏、老表或老雞，日前經由美國聯邦地區法院那森紐·M·郭頓法官判刑守服監期70個月續有2年的監督釋放，其中\$8000元現金與一架奔馳車輛將會充公。2013年4月，陳君在聯邦法庭上就共謀擁有並意圖分銷兩種市場稱為搖頭丸的亞甲二氧基甲基苯丙胺(MDMA)及苄基(BZP)的管製品，擁有並意圖分銷苄基(BZP)，共謀引誘他人旅遊從事賣淫，與共謀洗錢的多項罪證。

從2009年1月至2011年6月之間，陳與共謀者引誘亞裔女人旅遊到麻州的劍橋市和奧士頓區的妓院內從事賣淫工作。陳與共謀者引誘、安排及協助女人由紐約及其他地方旅行來到麻州。外來的女人通常先到達南火車站或是羅根機場，然後被車接送到妓院，也有從一家妓院由車接送至另一家妓院。陳指使共謀者在新聞報紙上刊登賣淫及其它服務的廣告。陳與他的共謀者並將妓院賺得的\$100,000美元先隱藏在安全保險箱內後同謀洗錢。郭頓法官已命令沒收這筆\$100,000美金款項。

另外，陳並於2008年與他人共

謀在麻州及紐約分銷搖頭丸。陳與他人曾於2008年9月13日賣出約共2400粒搖頭丸給與聯邦調查局的合作證人。

本案共犯薛曉紅，又名丁娜，於2012年11月就受控的賣淫共謀罪名認罪，被判兩年的監守行為，其中包括六個月的家宅拘禁。

美國聯邦檢察官卡門·M·奧提茲表示：「美國政府決心要製止為從事賣淫為目的而跨越州境的女人旅遊行動。妓院生意是我們社區內的一個枯萎現象，對被脅迫加入而受利用並且面臨畏懼環境的女人來說，她們會尤其受到傷害。我鼓勵這類賣淫圈團的受害者能由黑暗中跨出來求助。」

聯邦調查局波士頓區的領導特員理察·德士羅瑞爾說：「販賣人口無外乎是今日現代的奴隸制度。時常涉及力量最脆弱的人群，用強力迫使賣淫、逼作勞工及家工奴役。制止販賣人口是聯邦調查局的優先工作之一，無論是由犯罪觀點或由人類角度來看，我們對這個國際性問題都非常重視。」

如有任何人覺察到有販賣人口的受害者或是利用受害人賺錢的情形時，應該撥電話617-742-5533與聯邦調查局連絡。

## 經濟長者公寓出租

### THE COOPER HOUSE

419 Walnut Ave, Boston, MA 02119

現在Egleston廣場附近且鄰近Franklin公園專為長者而設的經濟公寓出租

單間(7套)和一房公寓(30套)

戶主(或其配偶)在入住時必須年滿62歲或以上

| 家庭人數 | 30%    | 50%    |
|------|--------|--------|
| 1    | 19,850 | 33,050 |
| 2    | 22,650 | 37,800 |

所有家庭將支付少於他們家庭收入的30%作為租金

申請表格可於以下時間在Spencer House building 租賃辦公室領取  
地址：2053R Columbus Avenue, Boston, MA 02119 (可搭乘地鐵, 22號巴士)

8月16日星期五，中午12時至下午7時

8月17日星期六，上午10時至下午2時

8月19日星期一至8月23日星期五，上午10時至下午4時

申請者可於以上時間內致電617-427-5500要求郵寄申請表格

### 公眾資訊會議：

8月16日星期五中午12時，地址：2053R Columbus Ave, Roxbury, MA  
8月19日上午10時，地址：Roslindale House, 120 Poplar St, Roslindale, MA

截止日期：填妥的申請表格必須於2013年8月30日星期五下午4時以前遞交到或郵件郵戳日期須不遲於這日。

如有需要將以抽籤形式選出合資格住戶

共有2套單位(包含1套無障礙公寓)，將優先給予CBH合資格家庭

共有1套無障礙1房單位優先給予有輪椅需求的家庭

共有4套單位優先給予經Homestart, Inc.轉介的無家可歸的家庭

或正受到其他中介服務的無家可歸家庭。

70%的單位將會優先給予波士頓居民

為殘疾人士所申請的合理性住處可致電(617) 469-5800

如需更多資訊或TDD，請致電(617) 469-5800





**south cove**  
community health center  
華人醫務中心

# 華人醫務中心

## South Cove Community Health Center

The Premier Asian Community Health Center of Massachusetts  
麻州首屈一指亞裔社區醫療中心

我們的醫生現在正接受新病人，請即日就致電任何一個診所預約！

Our providers are accepting new patients, call today to schedule for an appointment!

華人醫務中心漢考克街診所的內部藥房已開張，為所有的華醫病人提供負擔得起的處方藥。

South Cove's in-house pharmacy is now open to serve new and existing patients  
with affordable prescription medications.

華人醫務中心悉心協助有需要人士申請醫療福利及麻州全民保險計劃。

We provide assistance with MassHealth, Commonwealth Care & Health Safety Net Applications.

| Boston Campus  |  | Quincy Campus  |   |
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| <b>Washington St. Clinic</b><br>華盛頓街診所   | <b>South St. Clinic</b><br>南街診所  | <b>Hancock St. Clinic</b><br>漢考克街診所  | <b>Holmes St. Clinic</b><br>霍姆斯街診所  |
| 885 Washington St.,<br>Boston<br>617-482-7555  | 145 South St.,<br>Boston<br>617-521-6730   | 435 Hancock St.,<br>Quincy<br>617-318-3300   | 88 Holmes St.,<br>Quincy<br>617-318-3200  |
| 成人科、婦科、小兒科、<br>足步科、神經科、<br>社會服務部及家庭計劃<br>Adult Medicine,<br>OB/GYN,<br>Pediatrics, Podiatry,<br>Neurology,<br>Social Services<br>and Family Planning | 牙科、眼科、X光乳房攝影<br>篩檢、骨質篩檢、心理科、<br>營養科/奶卷、幼兒培育組<br>及課餘活動中心<br>Dentistry, Optometry,<br>Mammography, Bone<br>Density, Behavioral<br>Health, WIC, Early<br>Intervention, BASE | 成人科、340B 藥房<br>及社會服務部<br>Adult Medicine,<br>340B Pharmacy<br>and<br>Social Services  | 婦科、小兒科、牙科、眼科、<br>心理科、社會服務部<br>及家庭計劃<br>OB/GYN, Pediatrics,<br>Dentistry, Optometry,<br>Behavioral Health, Social<br>Services and Family<br>Planning |
| SUN 星期日<br>8:30AM -2:00PM<br>MON-FRI 星期一至五<br>8:30AM -5:30PM<br>(Adult Medicine to 6:30pm<br>on Mon)<br>(成人科周一至六時三十分)<br>SAT 星期六<br>8:30AM -3:00PM   | MON-FRI 星期一至五<br>9:00am -5:30pm<br>SAT 星期六<br>9:00am -3:00pm   | SUN 星期日<br>8:30AM -12:30PM<br>MON-FRI 星期一至五<br>8:30AM -5:30PM<br>(Adult Medicine to 6:30pm<br>on Mon and Tue)<br>(成人科周一及周二<br>至六時三十分)<br>SAT 星期六<br>8:30AM -3:00PM | SUN 星期日<br>8:30AM -12:30PM<br>(OPTOMETRY: 1ST SUN)<br>(眼科: 第一個星期日)<br>MON-FRI 星期一至五<br>8:30AM -5:30PM<br>SAT 星期六<br>8:30AM -3:00PM                  |